

## 2006 – 2007 School Wellness Grant Awards

Twenty-six schools applied for the '06-'07 School Wellness Grant program. A total of \$30,000 was awarded to fund fourteen projects. Recipients included eight elementary schools, two middle schools, one high school, and three PK-12 schools or school districts. Each program will complete one or both of the following tasks:

- Assess the school's physical activity and nutrition policies and programs using a tool such as the *School Health Index (SHI)*. Next, develop a school health improvement plan based on the results of the assessment; and/or
- Develop and implement activities based on the adopted School Wellness Policy (SWP) and the *Vermont Nutrition and Fitness Policy Guidelines*.

Below is a short summary of each project proposal.

**Crossett Brook Middle School (5-8)** was funded \$1400.00 to implement a taste testing project. Need was based on SHI results and the project is linked to the SWP.

**Westminster Schools (K-6)** was funded \$2572.00 to complete the SHI, as well as develop and implement a school and community mileage club. In general the school health committee will work toward implementation of *Vermont Nutrition and Fitness Policy Guidelines*.

**East Montpelier Elementary School (PK-6)** was funded \$2515.50 to add a salad option through the food service program. The project proposal was well researched and clearly linked to SHI results as well as SWP.

**Elm Hill School (K-5)** was funded \$2600 to implement a "Winter Opportunities for Wellness" program with strong a community connection. The project was based on SHI results.

**North Country Union High School (9-12)** was funded \$1940.00 to conduct a food tasting and health awareness campaign with incentives for students and families. The project proposal was based on SHI results and the SWP.

**Orleans Central SU (PK-12)** was funded \$2252.00 for professional development and release time to increase collaboration among all school district food service personnel in order to comply with the SWP.

**Riverside Middle School (6-8)** was funded \$2600.00 to implement a food taste testing program which will comply with the SWP and is based on SHI results.

**Mettawee Community School (PK-6)** was funded \$2500.00 to implement a winter wellness physical activity program. The program is designed to meet the SWP and will be integrated with other school and community programs.

**South Royalton School (K-12)** was funded \$2600.00 to implement the VEHI PATH to wellness program for students. The proposal is based on SHI results and the SWP.

**John F. Kennedy School (K-5)** was funded \$2375.00 to implement an active indoor recess program which is linked to the SWP.

**Grande Isle School (PK-8)** was funded \$1619.70 to implement a "Step it Up" physical activity program based on the school wellness action plan. This project will focus on the use of pedometers to engage students.

**Salisbury Community School (K-6)** was funded \$1225.00 to conduct the SHI and implement a taste test project based on the SWP.

**Milton Elementary School (PK-6)** was funded \$1980.00 to implement a pedometer snowshoe program which is well coordinated within the school community and based on the SHI results.

**Danville School (PK-12)** was funded \$1820.80 to evaluate the SWP using the SHI, will implement a mileage club and a physical activity program during indoor recess and early release/in-service days.